

Statistics Report 01014, Cheese, cottage, nonfat, uncreamed, dry, large or small curd

Report Date: June 22, 2017 11:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	81.01	--	0.592	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Energy	kcal	72	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Energy	kJ	303	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Protein 1	g	10.34	--	0.603	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Total lipid (fat) 1	g	0.29	--	0.063	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Ash 1	g	1.71	--	0.127	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Carbohydrate, by difference	g	6.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	1.85	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Sucrose 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) 1	g	0.29	--	0.033	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2013
Fructose 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Lactose 1	g	1.56	--	0.420	--	--	--	--	--	1	Analytical or derived from analytical	--	06/2013
Maltose 1	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Minerals													
Calcium, Ca 1	mg	86	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Iron, Fe 1	mg	0.15	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Magnesium, Mg 1	mg	11	--	0.667	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Phosphorus, P 1	mg	190	--	26.458	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Potassium, K 1	mg	137	--	6.667	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Sodium, Na	mg	372	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn 1	mg	0.47	--	0.035	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Copper, Cu 1	mg	0.030	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Manganese, Mn 1	mg	0.022	--	0.014	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Selenium, Se 1	µg	9.4	--	1.325	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Fluoride, F 2 3 4	µg	31.6	--	9.411	6.5	81.7	6.0	8.559	54.612	3	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin 1	mg	0.023	--	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Riboflavin 1	mg	0.226	--	0.004	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Niacin 1	mg	0.144	--	0.013	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Pantothenic acid 1	mg	0.446	--	0.023	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 1	mg	0.016	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Folate, total 1	µg	9	--	1.491	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	9	--	1.491	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Choline, total 5	mg	17.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine 5	mg	0.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12 1	µg	0.46	--	0.072	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Retinol	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, IU	IU	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Vitamin E (alpha-tocopherol) 1	mg	0.01	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1	mg	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Tocopherol, gamma 1	mg	0.01	--	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Tocopherol, delta 1	mg	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 1	µg	0.0	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Lipids													
Fatty acids, total saturated	g	0.169	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
4:0	g	0.007	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
6:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
8:0	g	0.005	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.009	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.006	--	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0 1	g	0.020	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
15:0 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
16:0 1	g	0.070	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
17:0 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
18:0 1	g	0.050	--	0.006	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:0 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
22:0 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
24:0 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Fatty acids, total monounsaturated	g	0.079	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
16:1 undifferentiated	g	0.012	--	0.002	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
17:1 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
18:1 undifferentiated 1	g	0.067	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:1 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
22:1 undifferentiated 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
24:1 c 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Fatty acids, total polyunsaturated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
18:2 undifferentiated 1	g	0.003	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
18:3 undifferentiated 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:2 n-6 c,c 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:3 undifferentiated 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:4 undifferentiated 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:5 n-3 (EPA) 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
21:5 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
22:4 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
22:5 n-3 (DPA) 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
22:6 n-3 (DHA) 1	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Cholesterol 1	mg	7	--	0.285	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.137	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Threonine	g	0.465	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Isoleucine	g	0.549	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Leucine	g	1.037	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Lysine	g	0.868	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Methionine	g	0.250	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Cystine	g	0.061	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Phenylalanine	g	0.536	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Tyrosine	g	0.561	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Valine	g	0.695	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.462	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Histidine	g	0.303	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Alanine	g	0.357	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Aspartic acid	g	0.841	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Glutamic acid	g	2.419	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Glycine	g	0.206	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Proline	g	1.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Serine	g	0.594	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data
¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 9a, 2004 Beltsville MD
²Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301

³J.D.B. Featherstone, Carol Shields **A Study of Fluoride Intake in New York State Residents**, 1988 New York State Fluoride Analysis Contract - report date 12/1/1988

⁴Robert Ophaug **Fluoride, Unpublished - Ophaug**, Microdiffision

⁵Nutrient Data Laboratory, ARS, USDA **Choline Study, Local pickup UNC, NFNAP**, 2003 Beltsville MD